Migraine Heroes

(https://migraineheroes.com)

Relieve and Stop Your Migraines Naturally

Migraine-friendly diet that works. Fits seamlessly with your medication and lifestyle.

Download (https://apps.apple.com/ca/app/migraine-heroes/id6446701680) for iOS

Download (https://play.google.com/store/apps/details?id=com.nectarhealth&hl=en&pli=1) for Android

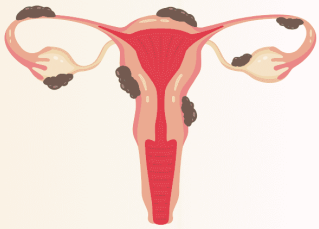
Our Migraine Heroes Star in the *Podcast*

On the Migraine Heroes Podcast, you will find *chronic migraine support and relief*. Episodes will cover topics like *natural relief for aura migraines*, *understanding hemiplegic migraine symptoms, address endometriosis and migraines*. You'll also hear the most incredible

testimonials.

EPISODE 49

The Connection Between Endometriosis and Migraines: Hormonal and Inflammatory Insights



LISTEN NOW
(HTTPS://MIGRAINEHEROES.COM/PODCAST/)

Transform Your Gut-Brain Connection with Our App

Free to live my life with migraines un

Overview:

- **Age:** 33 years
- **Migraine History:** 15 years of migraine, started at 18 years old, 8 mi headaches on around half days of a month.
- **Health Challenges:** Eczema

Results

- occasional migraines, less intense,
- knows how to abort them
- perfect bowel movement,
- got promoted and engaged

Take Control of Your *Migraine* Today

In a **90-minute call**, uncover your common triggers for migraine attacks, understand your migraine profile, and find relief for hormonal migraines and beyond—all **for just $30**.

BOOK THE CALL
(HTTPS://CALENDLY.COM/MY-NECTAR-HEALTH/PERSONALIZED-60-MINUTES-MIGRAINES-DIAGNOSTIC-SESSION-WITH-DIANE-DUCARME)

LEARN MORE
(HTTPS://MIGRAINEHEROES.COM/#DETAILDIAGNOSTICS)

Ancient Wisdom Meets Cutting-Edge Science

TCM saw the link between gut and brain long ago. Now, science confirms it—along with the benefits of effective natural migraine remedies and a migraine-friendly diet that works to acheive chronic migraine support and relief.

Meet the Original Duo Behind Migraine Heroes

Dr. Yifang Zhang and Diane Ducarme

Latest scientific articles start to catch up with us

Studies now link gut inflammation to brain imbalance linked to migraines and support using foods that prevent migraines naturally for chronic migraine support and relief. Holistic wisdom is finally being validated.

LEARN MORE ABOUT THE SCIENCE
(HTTPS://MIGRAINEHEROES.COM/SCIENCE/)

Julie Velge, Diane Ducarme and Helene Yon

our core **Health Practitioners** making migraine sufferers into Migraine Heroes!

120,000+

Sharp and free days — showing how users have learned how to relieve migraines.

80%+

success rate — through migraine-friendly diets that work and effective natural migraine remedies.

1,300+

interventions — proving users can stop migraines naturally without medication.

4

months average length of time to feel the differences

Our approach to natural migraine remedies, relief for hormonal migraines naturally, and chronic migraine support and relief has been featured in 15+ top podcasts—sharing ways to relieve migraines and reclaim joy.

Discover More

Featured in...

(https://art.art/blog/migraine-heroes-art-exhibition-transforming-invisible-pain-into-visible-expression)

(https://functionalfertility.podbean.com/e/dianedu

(https://open.spotify.com/episode/6sp0DPggFsdRwDKqjnKPLh?si=PwiTfGXITia6qFqG64IuCg)

(https://www.adhdwomenswellbeing.co.uk/adhd-podcast/ep128-diane-ducarme)

(https://open.spotify.com/episode/7vnrF4kByBgi3BcckqCYoj?si=LF1nP8wFQ7yyW6t-pRyujQ)

(https://thepcosnutritionist.com/e134/)

(https://creators.spotify.com/pod/show/danielle-m-desroche/episodes/173--A-Holistic-Approach-to-Managing-Migraines-with-MyNectarHealth-e2qgtfo)

(https://open.spotify.com/episode/30no840NuEG si=mCsmeb_JQAeyKpHRakPqQQ)

(https://beamexp.co/how-to-build-a-mental-fortress-with-gut-health/)

Our App's *Features* Are Built to Stop Migraines Naturally

Every tool is crafted to help you recognize common triggers for migraine attacks, follow a migraine-friendly diet that works, and find natural relief for aura migraines—all personalized to your journey.

Migraine Now Button

Diet & Medication Compatible

Learning "You"

100% Customized

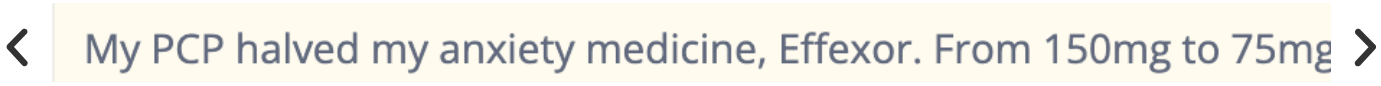
Tackling Symptoms

24/7 Expert Support

Migraine Heroes Chat

GET STARTED
(HTTPS://APPS.APPLE.COM/NZ/APP/MIGRAINE-HEROES/ID6446701680)

Our Heroes Fall In Love



Types of Migraine over the Last 5 Years

Abdominal migraine (https://migraineheroes.com/migraine/abdominal-migraine/)

Across the eyebrows migraine (https://migraineheroes.com/migraine/across-the-eyebrows-migraine/)

ADHD and migraine (https://migraineheroes.com/migraine/adhd-and-migraine/)

Anxiety and migraine (https://migraineheroes.com/migraine/anxiety-and-migraine/)

Aura / Vision change migraine (https://migraineheroes.com/migraine/aura-vision-change-migraine/)

Behind both eyes migraine (https://migraineheroes.com/migraine/behind-both-eyes-migraine/)

Behind the head migraine (https://migraineheroes.com/migraine/behind-the-head-migraine/)

Behind the left eye migraine (https://migraineheroes.com/migraine/behind-the-left-eye-migraine/)

Behind the right eye migraine (https://migraineheroes.com/migraine/behind-the-right-eye-migraine/)

Cervicogenic migraine (https://migraineheroes.com/migraine/cervicogenic-migraine/)

Chronic migraine (https://migraineheroes.com/migraine/chronic-migraine/)

Delayed fertility and migraine (https://migraineheroes.com/migraine/delayed-fertility-and-migraine/)

Depression and migraine (https://migraineheroes.com/migraine/depression-and-migraine/)

Dizziness (https://migraineheroes.com/migraine/dizziness/)

Endometriosis and migraine (https://migraineheroes.com/migraine/endometriosis-and-migraine/)

SEE MORE

100% Money-Back Guarantee

We believe in natural migraine remedies that deliver real results. If you follow your personalized treatment consistently and don't see improvements in your chronic migraine symptoms after 4 months, we'll refund you.
This guarantee applies to our Premium, Advanced, and Elite plans.

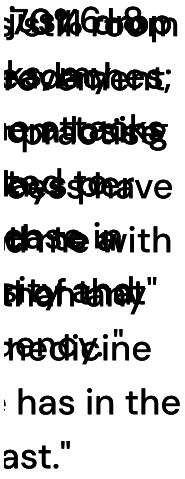
After 4 months, continued use signals your satisfaction—refunds will no longer be available beyond this point.

Transform your health with confidence. Your journey to stop migraines naturally is risk-free.

START YOUR PROGRAM (HTTPS://CALENDLY.COM/MY-NECTAR-HEALTH/PERSONALIZED-60-MINUTES-MIGRAINES-DIAGNOSTIC-SESSION-WITH-DIANE-DUCARME?MONTH=2025-02)

Our *Heroes* Say It Best

Hear how real people overcame chronic migraines, hormonal migraines, and migraines with aura using natural migraine remedies and migraine-friendly diets that work—and found lasting relief.



has in the
ast."

READ MORE STORIES
(HTTPS://MIGRAINEHEROES.COM/MEMBER-STORIES/)

Migraine *Diagnosis* Consultation

Take control with a personalized, expert-led consultation designed to help you *stop migraines naturally*.

90-minute session | $30

- **Deep Dive Into Your Test Results** - Clear, personalized analysis to uncover common triggers for migraine attacks and reveal your unique migraine pattern.
- **Migraine Breakdown** - Understand every episode—from your first attack to today. Discover root causes beyond genetics, including brain imbalance linked to migraines and connections to other symptoms.
- **Exclusive Insights** – Learn expert strategies and natural migraine remedies rarely discussed in mainstream care.
- **All Your Questions Answered** – Feel empowered with clarity and confidence around your symptoms, triggers, and treatment path.
- **Your Path to Transformation** – Leave with a personalized migraine-friendly plan that works—crafted to support long-term relief through foods that prevent migraines naturally and lifestyle shifts that fit your life.

Meet Your *Health Experts*

Our team of practitioners combines deep expertise in functional medicine, holistic migraine care, and the gut-brain connection.

Each session is led by a dedicated specialist who understands chronic migraine symptoms, identifies common migraine triggers, and crafts natural migraine remedies tailored to your unique journey.

You're not just getting guidance—you're getting personalized care to help you stop migraines naturally and feel like yourself again.

Ready to take the first step?

BOOK YOUR CONSULTATION NOW
(HTTPS://CALENDLY.COM/MY-NECTAR-HEALTH/PERSONALIZED-60-MINUTES-MIGRAINES-DIAGNOSTIC-SESSION-WITH-DIANE-DUCARME?MONTH=2025-02)

Migraine Insights & Tips

ARTICLES

How Weather Triggers Migraines: Barometric Pressure, Humidity & Traditional Chinese Medicine Insights (https://migraineheroes.com/weather-triggers-migraines/)

Have you ever noticed a headache creeping in when a storm approaches or humidity rises? You're not alone. Many migraine sufferers report that specific weather

READ MORE » (HTTPS://MIGRAINEHEROES.COM/WEATHER-TRIGGERS-MIGRAINES/)

May 16, 2025 • No Comments

ARTICLES

Are Your Painkillers Causing More Migraines? 3 Signs You're Stuck in a Rebound Headache Cycle (https://migraineheroes.com/rebound-headache-cycle-migraine/)

Have you ever noticed your migraines getting worse, even though you're diligently taking your prescribed painkillers? You might unknowingly be caught in a rebound headache

READ MORE » (HTTPS://MIGRAINEHEROES.COM/REBOUND-HEADACHE-CYCLE-MIGRAINE/)

May 12, 2025 • No Comments

ARTICLES

Is Low Sodium Triggering Your Migraines? The Hidden Link Between Salt, Electrolytes, and Headaches (https://migraineheroes.com/low-sodium-triggering-migraines/)

Migraines can feel like a mystery you're constantly trying to solve. But what if one of the missing pieces is something as simple—and as essential—as

READ MORE » (HTTPS://MIGRAINEHEROES.COM/LOW-SODIUM-TRIGGERING-MIGRAINES/)

May 5, 2025 • No Comments

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Migraine Heroes

(https://migraineheroes.com)

Migraine Heroes Empowers You

Learn to decode your genetic migraine profile and take charge of your health.
We build a personalized plan with you—designed to help you prevent migraine attacks and stop migraines naturally using natural migraine remedies and strategies tailored to your unique needs.

Enter your email

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